



ARMY



Army Move!

Army Weight Control Program

Coming to You 1 June 2011!

- ★ MEDCOM Initiative, **Army-Wide Deployment**
- ★ Multimodal educational approaches to promote weight loss and maintenance
 - Nutrition
 - Physical Activity
 - Cognitive/Behavioral Modification
- ★ **4-week class held monthly**, Wednesdays 1300–1500, in the conference room at Anderson Field House
- ★ Contact the Nutrition Team at (757) 314–7612, 314–7757 or 314–7759